

Volume 15, Issue 11

August 16, 2013

THE WIRE

The Official Publication of Joint Task Force Guantanamo

A day with the escorts

Honor Bound to humane transport

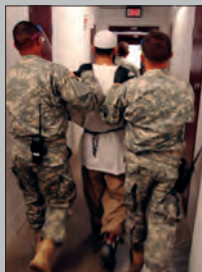
Cup o' Cuba

*Donations of K-Cups pour into
chaplain's office*

Guards get suited up

AROUND THE BAY

AND IN OUR PAGES



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Life in Boots

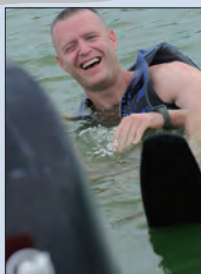
Escort Team exhibits proficiency, professionalism



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MP gives Carlos Santana a run for his money



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Stay alert, have fun

MWR encourages boating safety for Troopers



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Cover photo by Sgt. Katherine Forbes

MPs hone their skills by engaging in disturbance control exercises. PAGE 10

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BAY WIRE REPORT

Ready to reel in that big one?



The GTMO Liberty program is offering a nighttime fishing trip Friday, Aug. 23 at 1800 at the Marina. Call ext. 2010 or email liberty@gtmo-mwr.org to make your reservation. You must provide your own bait.

I'm on a boat

Do you like kayaking? Do you enjoy spelunking? Then sign up for a kayak trip to the cave which will be held on Saturday Aug. 25 at 8 a.m.

You can sign up at the Marina or call ext. 2345 to reserve your spot for this fun-filled excursion. Sign up by Aug. 21. Group leaves from Ferry Landing. Must rent kayak and have experience.



Craft Fair | Saturday, August 24

FMI, call 74795 or 4882

At the Windjammer Ballroom
12 p.m. – 3 p.m.

Do you want booth space?

- \$15 per table
- Register by Thursday, August 22 at the Ceramics Shop (Building AV81)
- Th. – Fri. 1700-2100; Sat. – Sun. 1200-2100

CORRECTIONS Please report all corrections to thewire@jtfgtmo.southcom.mil



THE WIRE

IOF Building, Camp America
Guantanamo Bay, Cuba
Commercial: 011-5399-3651
DSN: 660-3651
E-mail: thewire@jtfgtmo.southcom.mil
www.jtfgtmo.southcom.mil/wire/wire.html

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Army Sgt. 1st Class Gina Vaile-Nelson

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Army Sgt. David Bolton

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Army Staff Sgt. Aaron Hiler

Photo Editor

Army Sgt. Darron Salzer

Staff Writers

Army Staff Sgt. Lorne Neff

Army Sgt. Cassandra Monroe

Spc. Lerone Simmons

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Religious Services

NAVSTA Chapel

Catholic Mass
Tues.-Fri. 5:30 p.m.
Saturday 5 p.m.
Sunday 9 a.m.

Spanish-language Mass
Sunday 4:35 p.m.

General Protestant

Sunday 11 a.m.
Gospel Service
Sunday 1 p.m.

Chapel Annexes

Pentecostal Gospel
Sunday 8 a.m. & 5 p.m.,
Room D

LDS Service
Sunday 10 a.m., Room A

Islamic Service
Friday 1:15 p.m., Room 2

Seventh Day Adventist
Friday 7 p.m., Room 1
Sabbath School-
Saturday 9:30 a.m., Room 1
Sabbath Service-
Saturday 11:00 a.m., Room 1

JTF Trooper Chapel

Catholic Mass
Sunday 7:30 a.m.

Protestant Worship
Sunday 9 a.m.
Sunday 7 p.m.

Transportation Schedules

Bus #1, 2, 3:

Camp America - :00, :20, :40

Gazebo - :02, :22, :42

NEX trailer - :03, :23, :43

Camp Delta - :02; :06; :26, :46

KB 373 - :10, :30, :50

TK 4 - :12, :32, :52

JAS - :13, :33, :53

TK 3 - :14, :34, :54

TK 2 - :15, :35, :55

TK 1 - :16, :36, :56

West Iguana - :18, :38, :58

Windjammer/Gym - :21, :41, :01

Gold Hill Galley - :24, :44, :04

96 Man Camp - :31, :51, :11

NEX - :33, :53, :13

Gold Hill Galley - :37, :57, :17

Windjammer/Gym - :36, :56, :16

West Iguana - :39, :59, :19

TK 1 - :40, :00, :20

TK 2 - :43, :03, :23

TK 3 - :45, :05, :25

TK 4 - :47, :07, :27

KB 373 - :50, :10, :30

Camp Delta 1 - :52, :12, :32

IOF - :54, :14, :34

NEX Trailer - :57, :17, :37

Beach Bus

Sat. and Sun. only - Location #1-4
Winward Loop - 0900, 1200, 1500, 1800

East Caravella
SBOQ/Marina 0905, 1205, 1505

NEX
0908, 1208, 1508, 1808

Phillips Park
0914, 1214, 1514

Cable Beach
0917, 1217, 1517

Winward Loop
0930, 1230, 1530

NEX
0925, 1225, 1525, 1825

SBOQ/MARINA
0935, 1235, 1535

Return to Office
0940, 1240, 1540

JOINT TASK FORCE GUANTANAMO



SAFE



HUMANE



LEGAL



TRANSPARENT



How to stay MOTO during this GTMO rotation

By Sgt. Maj. Juan M. Hidalgo Jr.

Joint Task Force Guantanamo Sergeant Major

Yes, we have a lot going on and the schedule will always be busy and there will always be more work, but our motivation (MOTO) comes from within.

Too many people walk around looking sad, mad or upset; but instead we need to consider how lucky and blessed we

are. For example instead of thinking "I have to go to work today," how about "I GET to go to work today!"

In short we must stop our complaining and whining and instead commit to making a difference. Staying out of trouble is one of the best ways we can stay motivated. I know how profound, but very simple this is to do. We know this because the majority of Joint Task Force personnel are doing the right thing, but

the minority that is not on the straight and narrow gets all the attention.

Many times we will find warriors in trouble and then they say that their morale is down, but they fail to inform everyone of the choices that they made. Back to my first point: motivation comes from within.

I've heard people say, "morale is down." I have thought to myself,

why is morale down? Why or how can anyone let others bring their morale down? Furthermore, how does someone allow someone else the ability to control their motivation?

Everything must be kept in perspective and if we stop and consider the fact that we are not being shot at or mortared daily, which should help us maintain our motivation, even though most of us are away from our families. Before we

throw ourselves a pity-party, remember that we will be reunited with them in short time.

Please do not think I am saying that people do not have real issues or problems – of course we do. But through our adversities, we need to stay motivated and look at every blessing.

In my early years in the Corps, I was blessed to be part of a great company and our company motto was, "hard times make hard folks."

We stayed so busy that other companies just watched in complete awe. In preparation for a six-month deployment, we went to the field every Thursday and returned on Sunday night to prepare and start the next week.

Of course we were always tired and never had enough time off, but I believe the key was that our leaders communicated with us and kept us informed on what our tasks were, and the overall impact they would have on

our mission.

There are many things we can do to keep ourselves and those around us motivated.

I know no matter what, there is always someone who is just miserable regardless of what they are doing. It could be raining \$100 bills and people like that would find a reason to complain. If you want to stay motivated you may want to avoid people like that, but we also must ask if we are that miserable person or are we motivated and being a positive influence?

There are many things that help me stay motivated and one thing that I have always reminded myself is the following: I will not let someone else take my motivation.

As I write this I can see a plaque sitting on my desk that reads, "Am I proud to tell my family what I did today?"

We should be proud of everything we do, if not, perhaps we should not do it. Stay MOTO!



Sgt. Maj. Juan M. Hidalgo Jr.

TROOPER TO TROOPER

Seek out fun, find ways to boost your own morale

By Master Sgt. James Bonner

Equal Opportunity Manager

Above my desk is a sign that reads "A negative attitude never produces positive results. It has been my mantra since I arrived at GTMO.

The word morale is linked with words such as enthusiasm and happiness with your work. It can be difficult to maintain a positive morale after working a 12-to-14-hour shift.

Your morale is greatly dependent on how

you spend your time at work and home. Only you can control your happiness or enthusiasm in your work and personal life. We all miss the comforts of home; but there are ways to increase your morale.

Your leadership knows there are ways to increase morale in a positive manner. Recently morale call lines were installed at the Liberty Center in Camp America and Tierra Kay. Troopers can now make two 20-minute calls a week to family and friends. This not only will help relieve your stress but also that of your family members back home. Keeping in contact with friends and family back home offers you a chance to clear up any doubts or worries they

may have while you are deployed.

More than 20 washing machines were changed out in Camp America, decreasing the wait time for doing your laundry. This may seem like a small thing, but it is not small if you have to spend half your day off waiting to do your laundry.

The best way to keep leadership informed of things affecting your morale is to speak up. When you see members of leadership out in your area, be honest and concise with anything you think may improve morale.

Participating in some form of exercise has been proven to be an effective way to improve your mood. MWR offers free fishing, kayaking, sunset photography



Master Sgt. James Bonner

New CI Apprenticeship Trade opens

Sailors, Marines and Coast Guardsmen eligible for certificates

Story by Darryl Orrell

Center for Security Forces Public Affairs

VIRGINIA BEACH, Va. (NNS)

-- The Center for Security Forces (CENSECFOR) announced Aug. 9 that Criminal Investigator, the latest installment to its growing list of apprenticeship trades, is now open for enrollment by Sailors, Marines and Coast Guard personnel.

The United States Military Apprenticeship Program works closely with the Department of Labor to provide nationally recognized apprenticeship programs that result in journeyman-level Certificates of Completion for Service members.

During their apprenticeship, Service members document their military duties while working in their rating or military occupational specialty.

"This new apprenticeship applies to personnel who are performing criminal investigator duties. Duties such as securing crime scenes and conducting crime scene analysis; collecting, analyzing, processing and storing evidence; responding to crimes; conducting interviews and interrogations; managing and utilizing confidential informants; testing suspected narcotics; submitting evidence for forensic tests; conducting surveillance and counter surveillance operations," said Jose Bautista, Master-at-Arms programs manager at CENSECFOR.

MA personnel must have completed the Police Officer I Apprenticeship Trade and hold Navy Enlisted Classification Code MA-2002 for Military Investigator. All applicants must provide a command letter stating they are properly assigned and performing investigative work to enroll in the Criminal Investigator apprenticeship.

"Sailors who successfully complete the required 2,000 hours of documented experience will earn the distinction of being a criminal investigator. The level of experience covers eight select skill areas such as administration, safety, communications, legal procedures, investigative procedures, crime scene processing, evidence processing and report writing just to name a few,"



Photo by Mass Communications Specialists 3rd Class Kaitlyn R. Breitkreutz/U.S. Navy
A Special Agent from the Naval Criminal Investigative Service instructs security personnel stationed aboard the nuclear-powered aircraft carrier USS George Washington (CVN 73) in proper crime scene and evidence handling techniques in this file photo.

Bautista said.

Bautista also mentioned the next apprenticeship on the horizon for release is the Military Working Dog (MWD) Apprenticeship Trade. The MWD apprenticeship is currently pending DoL review/approval. The anticipated release date for this new apprenticeship is sometime this fall or next spring.

The forerunners to this new apprenticeship have held a high success rate since their debut. For example, the Armory Technician Apprenticeship has already achieved nearly 600 enrollments in just over six months from its release.

For more information or to enroll now, visit <https://usmap.cnet.navy.mil/usmapss>.

The Center for Security Forces provides specialized training to more than 28,000 students each year and has 14 training locations across the U.S. and around the world.

For more news from and information about the Center for Security Forces, visit <http://www.navy.mil/local/csf>, www.netc.navy.mil/centers/csf, or www.facebook.com/CENSECFORHQ.

■ BOOSTS TO MORALE CAN BE FOUND THROUGHOUT GTMO, Continued from previous page

cruises and numerous sporting activities. You can speak with a chaplain, JSMART or someone in your command. Keeping an upbeat attitude at work can cause others to think more positively of the job they do here at GTMO.

My attitude affects your behavior and your behavior affects my attitude. This means I can't control your behavior, but

I can control the way I respond to your behavior — I feel that a positive response to a negative action will often calm the situation. Remember no one will know if morale is high or low unless you tell them. Please speak up so that we all can work as one team to improve our morale and the time we have here at GTMO.





Silly Sequel

Review by **Sgt. David Bolton**

Copy Editor, thewire@jtfgtmo.southcom.mil



Slapstick humor meets innuendo and had a child called "Grown Ups 2."

The 'Sandler squad' is at it again with the sequel to "Grown Ups." This light-hearted family film brings a whole slew of Hollywood and Saturday Night Live performers together for a non-stop comedy extravaganza.

From the opening scene to the closing credits, there is hardly a gap in the smiles and laughter. "Grown Ups 2" brings the guys (Adam Sandler, Kevin James, Chris Rock and David Spade) together for a last day of school/summer opener exploit in which they attempt to relive their glory days by taking on the challenges of jumping off cliffs, talking to girls (Salma Hayek, Maya Rudolph and Maria Bello) all while dealing with the problems and challenges of being fathers.

Several cameo appearances make this film one for the home DVD collection. The self-deprecating humor of the characters not only add to the hilarity of the film, but also to the characters role in the film itself. Each of the main characters has their own problem to solve during the movie and with the help of each other, is able to overcome the adversity.

The '80s party at the end of the movie with the frat boys was hilarious (and reminiscent

of a Cuzcos pavillion party).

This movie really brought home the bacon and it is for the constant smiles on my face and the laughs of a very packed Lyceum that I am happy to give this film, 5 out of 5 banana rats. 🍌



Courtesy: Happy Madison Productions

Elysium doesn't disappoint

Review by **Staff Sgt. Rich Garcia**

812th MP Co., thewire@jtfgtmo.southcom.mil

It's been four years since director Neil Bloomkamp burst onto the scene with "District 9." At a moderate cost of \$30 million, "District 9," raked in \$200 million worldwide and earned, then rookie, Bloomkamp four Oscar nominations including Best Picture. The bar was set extremely high for his sophomore feature "Elysium."

It's 2154 and Earth has been overrun with sickness and property. While 99 percent of the Earth drowns in filth, the wealthy elite reside in a utopian space station

Elysium,

which is barely visible through the clouds of pollution.

Max (Matt Damon), a reformed car thief, works a factory job in the ruins of Los Angeles. Just when things can't get much bleaker, he obtains a life-threatening injury. Not willing to lay down and die, Max is determined to travel to Elysium

and cure himself. The bottom line here is ... how far are you willing to go to survive?

In typical fashion, Damon delivers. He's believable and easy to root for. The same, unfortunately, cannot be said for Delacourt (Jody Foster) and Kruger (Sharlto Copley). While they have their moments, I just wasn't sold on the characters. Damon's gritty performance and the stunning visuals carry "Elysium."

Overall, I applaud Bloomkamp's effort and look forward to his next film. He has the directorial talent to be a force for years to come. This Jersey guy gives "Elysium" 4 fist pumps. 🍌



Courtesy TriStar Pictures



Now Showing!

at the Downtown and Camp Bulkeley Lyceums

Call the Movie Hotline at 4880 or visit the MWR Facebook page for more information

16 FRIDAY	17 SATURDAY	18 SUNDAY	19 MONDAY	20 TUESDAY	21 WEDNESDAY	22 THURSDAY
The Conjuring (New) R, 8 p.m. Grown Ups 2 PG13, 10 p.m.	Turbo (New) PG, 8 p.m. Elysium R, 10 p.m.	Smurfs 2 PG, 8 p.m.	The Wolverine PG13, 8 p.m.	The Heat (LS) R, 8 p.m.	World War Z PG13, 8 p.m.	Planes PG, 8 p.m.
Elysium R, 8 p.m. The Wolverine PG13, 10:15 p.m.	The Conjuring (New) R, 8 p.m. Grown Ups 2 PG13, 10 p.m.	Turbo (New) PG, 8 p.m.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	CLOSED Note: Concessions at Camp Bulkeley are also closed every night until further notice.	The Heat (LS) R, 8 p.m.

Stay classy, GTMO! No ALCOHOL or TOBACCO at the Lyceums!

(LS) = Last Showing



Smooth flight

A his & hers review of "Planes"

By Staff Sgt. Lorne Neff and House Cdr. Cindy Neff
Staff Writer, thewire@jtfgtmo.southcom.mil

From the world above "Cars" descends "Planes," the newest animated feature by Disney's Pixar Animation Studios. It's worth a trip to the theater, for a family fun night or date night across the miles.

Cindy's Take:

"Planes" is a classic underdog story, ripe with all the flavors of a Disney film and sprinkled with colorful characters. It's sweet, and goes down easily, but all that sugar can sometimes leave one nauseous. The visuals are undoubtedly amazing. Inviting clouds, oppressive mechanical smoke, and violent ocean waves certainly impress while the story falls flat. A familiar tale without a twist, the voice characterizations are missing the magic and chemistry of past Disney films. Dane

Cook as Dusty didn't impress while other stars were not used to their potential.

Lorne's Take:

There is nothing new in the story but the visuals are flawless even if very much like its predecessor "Cars." The pace of the movie is supersonic, moving from city to city around the globe at breakneck pace.

Cindy says this is a "boy" movie. I guess it is. I enjoyed it more than I expected. Despite its shortcomings, "Planes" is still entertaining. And it does get its points across: Be more than you were made to be, volo pro veritas (truth first always), and pickup lines DO NOT work.

We both enjoyed guessing the voice of the actors and we give this film three banana rats. 🍌



Building a strong house

By 2nd Lt. John-Charles Bautista

Plt. Leader, 357th Mp Co., thewire@jtfgtmo.southcom.mil

A building without a strong foundation will eventually fall. Our body's foundation is its core. The core is an essential element in producing maximum strength and power.

The core is composed of what is known as the "lumbo-pelvic complex." It's where the body's center of gravity is located. Your core physically wraps around your vertebrae. When your core is unable to properly support the vertebrae, lower back pain can occur.

In addition, a strong core allows for efficient acceleration, deceleration and stabilization during dynamic movements. The body relies on the core during stop-and-go running movements, fast cuts or explosive movements.

To quickly assess your core, stand near a mirror so you can see your side body profile. Turn your head to observe yourself in the mirror. Then raise your arms straight over your head as high as you can. Can you see your lower back arch making a "C?" When this happens, your core stops engaging.

In yoga, it is always taught to bring your "belly button to your spine." This engages your core, which is essential for proper stability in all movements. Bring your arms back down, bring your "belly button to your spine," and then raise your arms over your head again. Does your back still arch? Below is a program to help keep strengthen the core and get six pack abs in the process.

Prone Iso-ab (plank)	3 x 1min
Crunch w/feet off ground	3 x 30
Leg-Lifts (reverse crunch)	3 x 20
Ball crunch and overhead throw*	3 x 20

*Sit on a stability ball and roll forward until the ball is touching you mid-back. Proceed to hold a medicine ball over your head as you stretch back. Next, sit up and throw the ball over your head to a near-by wall. Catch the medicine ball when it bounces back and repeat. 🌟



A FIRM FOUNDATION

Honor Bound

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil



It's a high-profile mission that the professional Soldiers of the 128th Military Police Company take seriously and know is a vital part of Joint Task Force Guantanamo.

By 5 a.m., daily, the Escort Teams are ready, missions in hand, to transport detainees to and from scheduled appointments. Their efforts are fluid, like the well oiled machine the ETs have become, and each day the Troopers carry out successful movement of detainees from one point to another at JTF-GTMO.

"Movements are fairly constant all day until about 4 o'clock," said Sgt. Roy Brooks, escort team leader with the 128th MP Co.

As part of their duties, the ETs are tasked with making sure that proper protocol is followed with every movement and all safety measures are taken to prevent an incident that might harm the team or the detainee.

"Our mission is to safely escort the detainee to whatever appointment they have, safely, securely and humanely," said Brooks. "Making sure things are done correctly and according

to SOP is our first concern."

The SOPs allow the ETs to efficiently move detainees from the detention facility to the appointment as quickly as possible. With five months already under their belts, the Soldiers of the 128th MP Co., ETs have found their battle rhythm.

Using hand and leg restraints, the Troopers assigned to the ET maintain complete control of the situation during the entire escort process — from cell, to vehicle, to appointment then back.

"Without us, they wouldn't get to their appointments outside the camp," said Spc. William Bullard, detainee escort, 128th MP Co.

While working with the detainees for such long hours can be a challenging aspect of the job, the escort team says that being able to work in and around the camps here at JTF-GTMO has its own kind of reward, namely the interaction with other Troopers.

"For me it's being able to move inside the camps and meet people from different units and work with pretty much everyone in JTF," said Bullard. 🇺🇸



Our mission is to safely escort the detainee to whatever appointment they have, safely, securely and humanely.

— Sgt. Roy Brooks
Escort Team Leader, 128th MP Co.



DISTURBANCE CONTROL

JTF-GTMO Guard Force trains to handle any situation inside detention facilities

Story and Photos by Sgt. Katherine M. Forbes

JTF-PAO, thewire@jtfgtmo.southcom.mil

In a dim hallway, nestled in the belly of Camp 5 at Guantanamo Bay, Troopers assigned to the Guard Force took the order “Three steps forward!” and echoed it back. The mass of black body armor and clear shields took three steps forward. A lone hand popped out of the formation and grabbed a metal handle belonging to a cell. The handle held fast, locked. The hand disappeared back into the wall of Troopers.

Step-by-step, the 138th Military Police Company, Joint Task Force Guantanamo, cleared a wing of simulated detainees during a disturbance control training session Monday, Aug. 5.

“We’re assessing and evaluating our ability as law enforcement professionals to come into any type of disturbance and contain incompassionate detainees, and use the minimum amount of force necessary to clear a block in an internment or resettlement camp,” said the assistant officer-in-charge of the training, Lt. One, 189th MP Company.

The training exercise typically occurs on a quarterly basis, the AOIC said. The guards have conducted this type of training multiple times in order to be prepared for real-life situations at the camps.

“What we’re looking for today is guard force safety. That’s always number one; then, detainee safety,” the AOIC said. “We use the minimum amount of force necessary. We want to be looking out for both ourselves and them.”

After clearing a wing of Camp 5, the Guard Force reported to Camp 6 to clear out a communal wing. Role players — rioting detainees — shouted insults and tried to assault the shielded force. The MPs remained united and steadily moved forward, taking back the block.

“It was a learning experience,” said Spc. Alpha, a JTF-GTMO Guard. “This exercise was better because it was actually inside the camp instead of a mock-up with an engineer tape outline.”

Alpha, also assigned to the 189th MP Co., said the teams did similar training from March to April in preparations for the sweep of the detention facilities that occurred in April.

“We cleared Camp 6 and placed the simulated detainees in single-cell operations,” Alpha said. “So this is like a refresher for us.”

With the exercise completed, the 189th discussed what they had accomplished.

Everybody has to be on the same page at one time so we, as a unit, can get in and get out, said Alpha.

“We’re here together, so, one team, one fight,” he said. 🇺🇸

■ Editor’s Note: for the protection of our Guard Force, names have been changed

“We want to be looking out for both ourselves and them.”

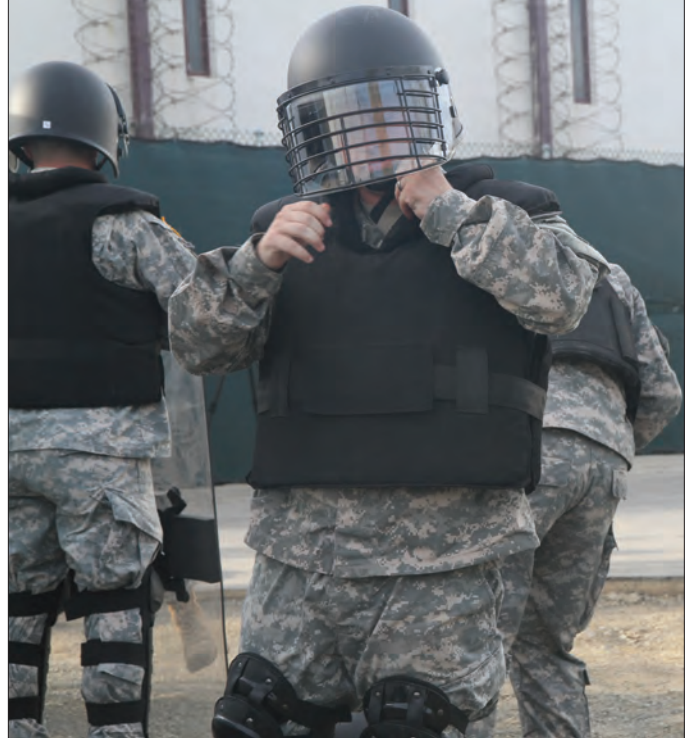
— Lt. One
Assistant Officer-in-Charge



DISURBANCE CONTROL



A Trooper assigned to the 189th Military Police Company adjusts equipment prior to a disturbance control training exercise Aug. 5. Troopers assigned to the Guard Force for Joint Task Force Guantanamo conduct riot training quarterly to remain prepared for handling riot situations.



Members of the 189th Military Police Company listen to instructions prior to a disturbance control training exercise Aug. 5, at Joint Task Force Guantanamo Camp 5. The training objective of the exercise was to ensure Guard Force Troopers can quell a disturbance in the facilities with a minimum amount of force

JAMMIN' ON J-BLOCK

Soldier expresses self through music, boosts morale of neighbors

Story and photos by Sgt. Cassandra Monroe

Staff Writer, thewire@jtfgtmo.southcom.mil

Driving through Guantanamo Bay, you're bound to hear one of many Radio GTMO commercials, the ones with a myriad of characters.

One in particular is Peter Griffin, the comedic father figure from the hit show "Family Guy," who voices his concern over the adoption of feral cats on base.

The voice of Peter himself is not sounded out by creator Seth MacFarlane for Radio GTMO. The voice manifests from Spc. Matthew Seebeck, a military police officer with the 812th Military Police Company.

Seebeck, who volunteers at the radio station, is no stranger to the spotlight.

His schedule requires him to work in the confines of the detention facilities, but he is able to free his mind and de-stress once he enters his living area.

His go-to form of relaxation? Playing guitar for his neighbors on J-Block at the Cuzcos Barracks.

The amateur guitarist became interested in playing after his uncle gave him an electric bass guitar in his early teen years, which he played until he joined a couple of high school bands, where

he picked up an acoustic guitar.

"It was something fun to do and it did keep me out of trouble," he said.

Once reaching college, Seebeck started playing for the crowds at parties, which is where he would learn all of the songs that everyone loved and could sing along to. Although his college days are over for now,





Spc. Matthew Seebeck, military police officer, 812th Military Police Company, strums his guitar, singing along as he relaxes near his room, Aug. 13. Seebeck not only plays music as a way to de-stress from work, but also as a morale booster for his neighbors who live near his living quarters.

Seebeck still breaks out his playing skills for the Troopers on the block, singing crowd favorites such as “Say It Ain’t So,” by Weezer. He feels that providing a de-stressing outlet for his coworkers is a crucial component of morale building.

“When everyone’s winding down, it takes no effort to sit back and sing and hang with your buddies and laugh at a silly song,” he said. “You associate

memories with music, so you could hear a song and think of a good time at home or even here, and it takes your stress level down a lot.”

For Staff Sgt. Jason Jones, a squad leader with the 812th MP Co., hearing the music on the block provides an opportunity for his subordinates to be social.

“It brings us all together on this block when we listen to him play the music,”

he said. It’s good to be social with everyone. Even if you’re having a bad

day, [the music is] mood lightening.”

“There’s so much music out there and music has emotion. When you’re in that mood, you play something that turns your day around,” said Seebeck. “Playing guitar is a way to express yourself privately where no one judges you, but when you play with everybody else, you take the collective vibe around you go with it and it relaxes you.

“When people are laughing and singing along, that’s the king of de-stressing for me. You make other people feel good and that rocks.” 🎸

“It brings us all together on this block when we listen to him play the music.

— Staff Sgt. Jason Jones
Squad Leader, 812th MP Co.



Coast Guard Petty Officer 2nd Class Gregory M. Sullivan, a Boatswain's mate with Port Security Unit 311, plays the Boatswain's pipe for the Maritime Security Detachment's Transfer of Authority ceremony Aug. 12.



Coast Guard Petty Officer 3rd Class Marcos T. Villaseñor, a maritime security specialist with Port Security Unit 311, left, passes on the Maritime Security Detachment guidon to Coast Guard Petty Officer 3rd Class Dewayne E. Taylor, a machinery technician with the 301st PSU during a Transfer of Authority ceremony Aug. 12, 2013 at U.S. Naval Station Guantanamo Bay, Cuba.

Piping off

PSU 311 transfers authority to PSU 301, mission success

Story and photos by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

Troopers from each of the Service branches joined the Joint Task Force Guantanamo Coast Guardsmen at the Windjammer ballroom Aug. 12, to witness the transfer of authority from Coast Guard Port Security Unit 311 to PSU 301 at U.S. Naval Station Guantanamo Bay, Cuba.

Over the past nine months, PSU 311 has provided anti-terrorism force security protection for JTF-GTMO particularly around the coast and the entrance to Guantanamo Bay.

"The maritime security detachment makes sure the JTF facilities and the personnel that work within the facilities are safe," said Coast Guard Master Chief Wayne North, command master chief for PSU 311.

For all of their hard work and dedication, the 311 PSU Commander, Cmdr. John Carabello, commended the excellence of his troops; noting their commitment to service. "You embody our core values of honor and duty; you have made us proud," he said.

Carabello also paid a debt of gratitude to the operations, administration, mechanical and maintenance teams who helped make this mission a success.

As part of the transfer of authority, the 311 PSU handed off the unit guidon to the 301st; symbolizing that the 301st is now in charge of maritime port security at GTMO.

In the aftermath of the ceremony, members of the 311 PSU conversed about their experiences during this deployment.

"It was tedious, but overall, successful," said Petty Officer 2nd Class Marcos T. Villaseñor, a maritime security specialist with the 311. "We couldn't have picked a better deployment."

Petty Officer 2nd Class Gregory M. Sullivan, a Boatswain's mate and augmentee to the 311 said, "I couldn't have picked a better unit. The camaraderie in this unit is unmatched."

PSU 311 flew back to its homeport, Long Beach, Calif., Wednesday Aug. 14. 🇺🇸

JTF-GTMO runs on coffee thanks to HOLY JOE'S COFFEE



Story and photo by Spc. Lerone Simmons

Staff Writer, thewire@jtfgtmo.southcom.mil

To troops stationed at Joint Task Force Guantanamo, a good cup of coffee can add a boost of energy to help increase productivity with assigned duties. And when it's a free cup – the kind donated from Holy Joe's Café, it's even sweeter.

Petty Officer 2nd Class Timothy Owens Sr., religious program specialist, spearheaded the distribution of a Holy Joe's shipment of 23,040 Keurig coffee cups throughout JTF-GTMO recently.

"It feels great to provide a free service and put smiles on Troopers faces," he said. "It also helps to keep morale up, especially for those working with detainee operations."

According to their Website, Holy Joe's Café has been an all-volunteer, non-profit organization that provides coffee to troops stationed overseas via a network of deployed chaplains; no matter what faith.

Based out of the First Congregational Church, Wallingford, Conn., and a warehouse, Holy Joe's Café has been up and running since 2006 when Thomas Jastermsky, founder and coordinator, discovered a need for coffee from a deployed Service member at Sather Air Base, Baghdad.

After news of the good deed spread, more chaplains began participating.

Getting support from various churches nationwide, Holy Joe's has been able to raise the funds to purchase and ship coffee at no cost to Troopers.

"The military runs on coffee," said Jastermsky. "We do this to say thanks for their sacrifice; this is our way to show our service before self just like they do."

For Senior Chief Petty Officer Mike C. Woods, the senior enlisted leader assigned to the Intelligence Directorate JTF-



Troopers assigned to the Joint Task Force Guantanamo J2 hold up boxes of donated Keurig K-Cups from the Holy Joe's Coffee program July 31. The coffee, available through the chaplain's office, is shipped to U.S. Naval Station Guantanamo by Holy Joe's Coffee based in Connecticut.

GTMO, this is something that he and his Troopers appreciate.

"After I heard about the K-Cups being available in a meeting and announced it to my office, I received an email from someone interested in getting coffee shortly after," he said.

Woods said the coffee can have a serious impact daily on Troopers – whether it's to wake up, or reminds them of a cup of Joe at home.

"Thanks for bringing a little bit of home to GTMO," he said.

For refills, or to place an order, contact the Chaplain's office at ext. 2218 or ext. 2571. ☘

Puerto Rico's 613th MPs unfurl flag for JTF-GTMO mission



Army Capt. Edwin Romero, Sgt. Alexander DeJesus, and 1st Sgt. Daniel Navedo unfurl the 613th Military Police Company colors Aug. 13, during a transfer of authority ceremony.

Story and photo by Sgt. Darron Salzer

Photo Editor, thewire@jtfgtmo.southcom.mil

An Army Reserve unit from Puerto Rico, the 613th Military Police Company (Internment/Resettlement), officially took over detainee operations during a Transfer of Authority ceremony here at Bulkeley Field Aug. 13.

The 613th MP Co. (I/R) relieved the 602nd Military Police Company (I/R).

"These fine men and women of the 613th Military Police Company have made everyone proud in their commitment to ensure that they were ready for this mission," said Army Capt. Edwin Romero, company commander. "From internment and resettlement reclassification training, all the way through mobilization site, they have showed continuous motivation and tenacity. I am confident that we will succeed at this mission here at Guantanamo Bay, Cuba."

The 613th is headquartered in Juana Diaz, Puerto Rico. ☘

WE'VE GOT YOUR COLLEGE FOOTBALL!!

WE HAVE THE COLLEGE FOOTBALL PACKAGE AT O'KELLY'S



**O'Kelly's will open at noon on weekends
with a limited bar menu, so you don't
have to miss a game.**



The Wire

CLASSIC CORNER

When a leak is a spill

Classified Information leaked to online media outlets is still considered classified.

Although the information has been made public, it is not "de-classified." If you come across websites or links that appear to contain classified documents or information DO NOT open them!

If you inadvertently open a classified document on an unclassified or personal computer system, you have committed a data spill. All spills must be reported to the J2 security manager immediately, even if it was an honest mistake.

If you purposely access leaked classified information, or fail to report a data spill, you are violating DoD policy. Do not view, share, download or forward this information.

The goal is to properly protect classified information and computer systems. Do the right thing and report leaks and spills immediately.

CREDO presents

ASIST

Suicide First Responder Course

DATE September 18-19
September 25-26
TIMES 8 a.m. to 4 p.m. each day
LOCATION Fellowship Hall
(RM07 Chapel Annex)

THIS COURSE IS FOR E-5s AND ABOVE.
LIMITED SEATING AVAILABLE.

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OFFICE AT

DSN 660-2323 / 2359
COMM 011-5399-2323 / 2359

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LEGAL ASSISTANCE
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Camp America Bldg 2505

ext. 8677 / 9921

For all of your legal concerns and needs, visit the JTF Guantanamo Legal Assistance Office. Notary services and legal consultations by appointment only. If you have questions, please call ext. 8677 or 9921 or email:

JTFGTMO-SJA-LegalAssistance@jtfgtmo.southcom.mil

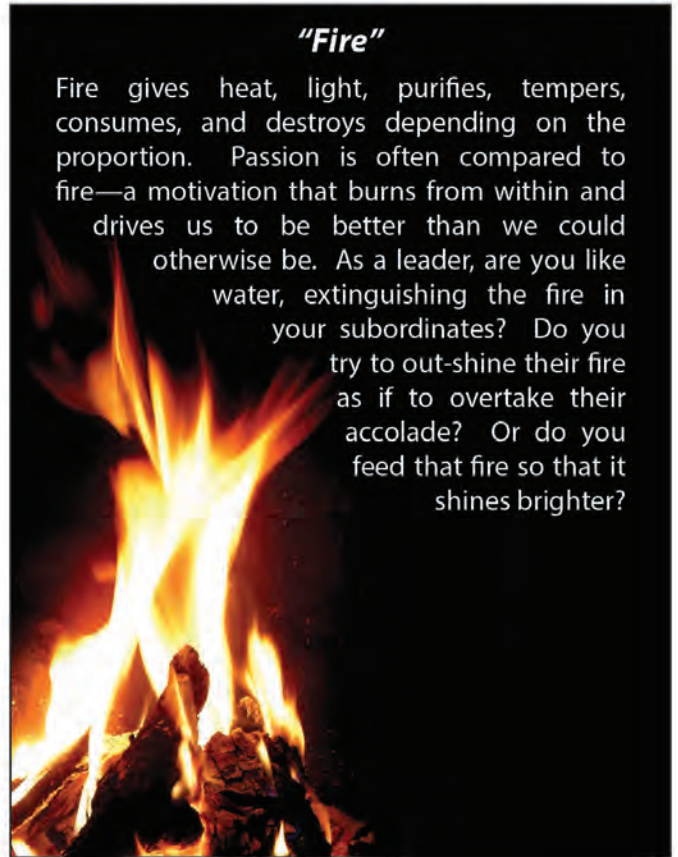
Walk-in Hours
 Monday – Friday, 12-3 p.m.



Chaplain's ext. 2218 **WORD OF THE WEEK**

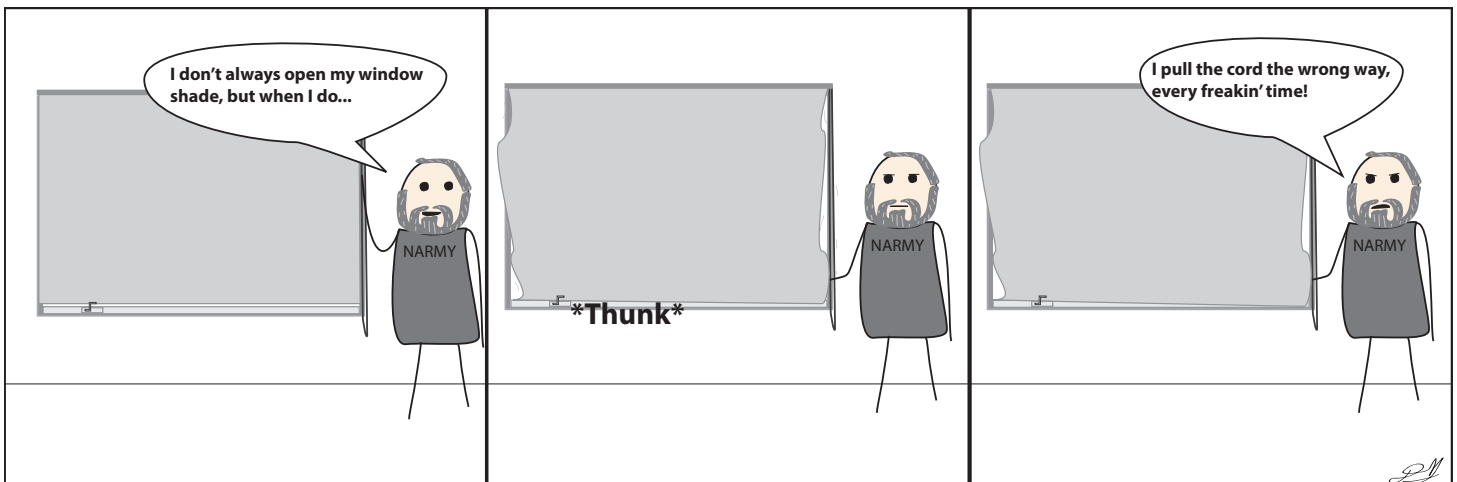
"Fire"

Fire gives heat, light, purifies, tempers, consumes, and destroys depending on the proportion. Passion is often compared to fire—a motivation that burns from within and drives us to be better than we could otherwise be. As a leader, are you like water, extinguishing the fire in your subordinates? Do you try to out-shine their fire as if to overtake their accolade? Or do you feed that fire so that it shines brighter?



Graphic by Staff Sgt. Aaron Hiler/The Wire

GTMO JOE by Spc. David Marquis



In the wake ...

Story and photo by Sgt. David Bolton

Copy Editor, thewire@jtfgtmo.southcom.mil

Troopers took to the bay to carve some waves water skiing and tubing August 13 on the Bay at U.S. Naval Station Guantanamo Bay.

The Morale, Welfare and Recreation's Liberty event was designed as a way for Troopers assigned to Joint Task Force Guantanamo to be able to unwind and take their minds off the pressure of work.

"It helps build camaraderie and takes them away from the everyday work life," said Latoya Stewart, Liberty recreation assistant. "After work they can come out and de-stress, have fun on the water and just relax and not think about work."

Stewart said all liberty events are free, except for the fishing trips – Troopers pay for the bait. The tubing trip is usually held once a month, lasts two to three hours and Service members don't even have to bring a tube; it's all provided.

"It was nice to get away and relax," said Army Staff Sgt. Cordell Knapp, a military police officer with the 591st Military Police Company. "I'm pretty impressed with this and I appreciate what the MWR does. We had a good showing tonight and it's just wonderful for them to come out and do this for free."

Those interested should register at least a day in advance to reserve a spot on one of two boats that typically go out on the trips. If you are interested in participating in a Liberty center event check out GTMO-Life for a listing of upcoming events.

You can call ext. 2010 or email liberty@gtmo-mwr.org for more information. 🌟



Water safety is every Trooper's responsibility

By Capt. Brian Pennington

Command Information OIC, thewire@jtfgtmo.southcom.mil

As every Trooper and civilian stationed at Guantanamo Bay knows the ocean brings fun and excitement, but with this there is also an inherent risk involved.

"We want everyone to have a great time, but to always remain alert of the people and marine wildlife around them," said Tim Baugh, Morale, Welfare and Recreation, outdoor recreation director.

"The main sources of injuries on the water include boaters going too fast for the conditions, and going too fast when docking the boat."

When wake boarding, skiing or tubing boaters should limit their speed to no faster than 15 to 20 miles-per-hour.

"Hitting the water going any faster than 25 miles-per-hour is like hitting concrete and can break someone's ribs or worse," said Baugh.

Boaters should be aware that violating rules can result in a suspension of their privileges for one calendar month. This punishment might sound severe, but safety is paramount, said Baugh.

The marina's has seen a decline in serious accidents from seven during fiscal year 2012 to three during FY 2013. The primary reasons for this decrease are the increased focus on safety and boaters giving more respect to their activities while on the water.

Anyone wishing to learn more about water safety can study for their captain's license; the Marina host a monthly review to get potential captains ready for the test and become safer boaters.

"We want everyone to have a good time, but we all must remember we're here to accomplish a mission and if you're injured it takes you out of the fight." Said Master Sgt. Darlene Weidmayer, J1 noncommissioned officer in charge. 🌟



Photo by Sgt. David Bolton/The Wire

When out on the water, Troopers should inspect all gear prior to skiing or tubing, and adhere to all Marina rules to prevent injuries.

Meals with monroe

*I know, they don't look pretty... but trust me, these are delicious and are super easy to make! What I like about this dish, which is from **Jaymee Sire** at www.eisforeat.blogspot.com, is that you could customize these any way you'd like. I used a regular sized muffin pan, but next time I make this recipe, I plan on using the larger, six-muffin pan, making these a little more supersized and more deep-dished. (For myself, I made half of the muffins with the cheese and pepperoni. The other half I made with the cheese, and I added ricotta and bacon to it.)*

Preheat oven to 425 degrees and spray cavities of a muffin pan with cooking spray.

Remove 16 ounces of store bought **pizza dough** from packaging and allow it to come to room temperature on a floured surface.

Using a rolling pin or your hands, roll out into a thin layer. Using either a round cookie cutter or an empty can, cut rounds out of the dough.

Using your fingers, stretch the dough without tearing and press into muffin cups. (This step was a little difficult, the dough kind of shrunk for me, but the muffins still came out okay. You'll just have to play around with the dough.)

Next, assemble pizzas. (You'll need 8-12 ounces of **pizza sauce**, 8



MINI DEEP-DISH PIZZAS

ounces of **mozzarella cheese** - you can use slices but I used shredded, - a half cup of **shredded or grated Parmesan cheese**, and all the **pizza toppings of your choice** (veggies, different meats, pineapple, you know, the good stuff.) First I added the cheese, then some of the sauce, a tablespoon or two at a time. Sprinkle with a little **Italian seasoning** and add your favorite pizza toppings.

Bake for 15-20 minutes, or until crust is golden brown and cheese is melty and bubbly.

Also, these are even great reheated, if you're feeling up for a little midnight snack.

 p.s.
(one last thing)

I want to hear from you! Did you try my recipe and loved it? Did you try my recipe and hated it? Well... that's too bad but email me anyways! If you have a recipe you'd like for me to try, **contact me!**
cassandra.l.monroe@jtfgtmo.southcom.mil



Looking for something to do this weekend or early next week? Check out these events brought to you by the Morale, Welfare and Recreation office:

Weekly Fitness Classes

Group exercise classes are available at the Marine Hill Fitness Center. For more info, please call ext. 77262, 2113, or 2285.

Power Training Mon., Thurs., & Fri., 4:30 p.m.	Group Cycling Tue. & Thurs., 6 p.m.
Zumba Mon. & Fri., 5:30 p.m.	Yoga Tue. at 4:30 p.m. (beginning Aug. 20)
Hip Hop Mon. at 7:30 p.m., Wed. at 6:30 p.m.	Pilates Mini Ball Tue., 7 p.m.
Hip Hop Class Mon. at 8 p.m., Wed. at 7 p.m.	Step Fusion Sat., 9 a.m.
Cardio Kickboxing Mon. at 6:30 p.m., Wed. at 5:30 p.m., Thurs. at 7 p.m.	Water Aerobics Sat., 10:30 a.m.



MARBLEHEAD LANES

Red Head Pin Bowling
On Thursday nights, roll a strike with a red head pin and get a free game.

Cosmic Bowling
Fridays & Saturdays, 9:00-11:30 pm
Take bowling to new heights with cosmic lights, a stellar sound system and videos by request on 4 big screens. Your cost is \$13, including shoes and 2 1/2 hours of bowling.

Marblehead Lanes
Mon-Fri: 5:30-11:00 pm
Sat: 1 pm to Midnight
Sun: 1-11 pm
ext 2118



LIBERTY

GUANTANAMO BAY, CUBA

Monday, Aug. 19 **Classic Comedy - "Airplane"**
Camp Bulkley • 8 p.m.
Call ext. 2010

Friday, Aug. 23 **Night Fishing**
Marina • 6 p.m.
Call ext. 2010

Saturday, August 24 **Kayak to the Cave**
Register at the Marina
Call ext. 2345




John Roller, JTF-GTMO J6, snapped this shot of this Flaming Tree of Cuba, the Royal Poinciana, in full bloom.

Send your best photos to thewire@jtfgtmo.southcom.mil

PHOTO OF THE WEEK